



Delicious!

PREPARATION: 10 MINUTES | SERVINGS: 2

TUNA POCKETS

INGREDIENTS

1 can (5 oz) tuna (light, in water, no salt added)

¼ cup apple, diced

¼ cup red onion, diced

2 tablespoon mayonnaise

2 drops hot sauce (optional)

1 teaspoon lemon juice

Black pepper to taste

½ cup romaine lettuce, shredded

½ cup carrots, shredded

1 whole wheat pita (4" diameter)

PREPARATION

- 1** Drain the tuna and flake it with a fork.
- 2** In a small bowl, combine tuna, apple, onion, and the mayonnaise. Add hot sauce, lemon juice, and pepper to taste.
- 3** Fold the lettuce and carrots into the tuna mixture.
- 4** Cut the pita bread into two halves. Carefully open each half to make a pocket. Fill each pocket with half of the salad.



TUNA POCKETS



Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	
3 Lean Protein + 1 Starch	
+ 1 Lower-Potassium Vegetable	
Calories	348 Kcal
Protein	22 g
Total Carbohydrate	18 g
Fiber	3 g
Sugars	7 g
Fat	8 g
Saturated	2 g
Cholesterol	41 mg
Sodium	225 mg
Potassium	415 mg
Phosphorus	243 mg
Calcium	34 mg

Diet Types

- | | |
|--|---|
| <input type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

NUTRITION CHECK ✓

Foods with omega-3 fatty acids

Omega-3 fatty acids should be included as part of a kidney-friendly diet. This type of healthy fat comes from the food that you eat and unlike other fat, cannot be made in the body. With chronic kidney disease, foods with omega-3 fatty acids are important to consume because this type of fat helps to lower blood pressure, control blood sugar, decrease unhealthy blood fat levels, and protect how well your kidneys work.

Different types of foods offer the health benefits of omega-3 fatty acids and can come from plant or animal sources. Depending on the type and amount of these foods that you consume, many can easily be consumed as part of a lower-potassium diet. Plant sources higher in this fatty acid include canola or olive oil, walnuts, flax seed, and leafy green vegetables. Certain types of fish also naturally have omega-3 fatty acids such as salmon, cod, and canned light tuna. In fact, in one 3-ounce portion of farm-raised salmon there is over 2,000 mg of omega-3 fatty acids while a 3-ounce serving of light tuna offers 228 mg. On a lower-potassium diet, choosing foods that have healthy fats such as omega-3 fatty acids is recommended.

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